

Cost of living

Help when you need it

Get free support on ways to make your food, fuel and money go further.

FREE drop-in advice sessions:

Saturday 5th and

Wednesday 9th November

***9.30am to 1.30pm**

Albert Halls Bolton



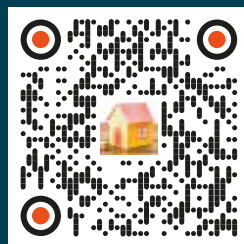
**Bolton
Council**

Local providers and advisors such as Urban Outreach, Bolton at Home's Money Advice Service and UCAN Centres, Bolton's Money Skills Service, Citizens Advice Bury and Bolton and many more, will be on hand to offer:

- Tips on budgeting and energy advice
- Guidance on next steps if you're struggling with your finances
- Slow cooker demonstrations showing how to cook on a budget
- Raffle prizes and free accessories to help you save money in your homes

Follow up advice after the event with some stall holders will be available. Speak to individual stall holders on the day for further information about 1 to 1 support.

If you can't make it to the event
find out more at
www.bolton.gov.uk/costofliving



*The first hour of each event is set aside for people who need a quieter time for example, those with autism, learning disabilities or sensory and communication disorders who would like to attend with their families. Also, attendees at the events may be asked for their views which will help shape the support which is being made available in the future.